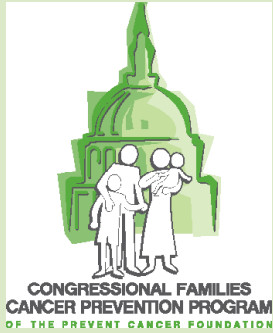


# ACTIONS

SUMMER 2016 | ISSUE 30 CONGRESSIONAL FAMILIES CANCER PREVENTION PROGRAM | OF THE PREVENT CANCER FOUNDATION



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## Vive La France!

Members of Congress, Congressional spouses, diplomats and Washington business leaders were among the 900 distinguished guests who experienced the grace, lights and elegance of France at the Prevent Cancer Foundation's 22nd Annual Spring Gala held on March 11. The National Building Museum was transformed for "La Vie En Rose," offering a taste of Paris with pink and purple blooms, a sparkling Eiffel Tower and classic Moulin Rouge dancers.



Ambassador Anne Anderson (Ireland) & Ambassador Gérard Araud (France)



Left to Right: Bo Aldigé, Chairman Fred and Amey Upton (MI)

His Excellency, Ambassador Gérard Araud served as the Honorary Patron and spoke of France's introduction of the country's third cancer plan. He recommitted to going further in the fight against cancer and described the Foundation's work as "transformative."

The Foundation honored Chairman Fred Upton (MI) and Rep. Diana DeGette (CO) as its 2016 Cancer Champions. In 2015 Rep. Upton introduced the 21st Century Cures Act to the House of Representatives with Rep. DeGette as the chief co-sponsor. The bill, which passed the House with bipartisan support, will help modernize and personalize health care, encourage innovation and support research.

Later in the evening, Gala guests had an opportunity to honor the late Congressman Mike Oxley of Ohio during the "Lighting the Way to Prevention" pledge drive. A dear friend of the Foundation and former chairman of the House Financial Services Committee, Rep. Oxley lost his battle with lung cancer on New Year's Day. The \$40,000 raised will go toward the Foundation's Michael G. Oxley Lung Cancer Research Fund.

The evening was great fun and a financial success. Generous donors and sponsors helped raise \$1.6 million for crucial cancer prevention and early detection programs. Funds raised will go toward research grants, national outreach efforts and educational campaigns.

Continued on page 4

## SAVE THE DATE

### 24TH ANNUAL CONGRESSIONAL FAMILIES AWARDS LUNCHEON

Thursday, September 22, 2016  
Cannon Caucus  
11:30 a.m. Reception  
12:00 p.m. Program

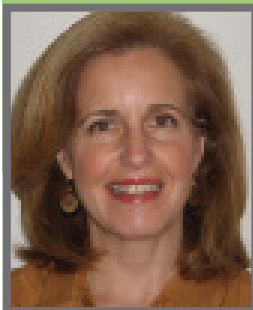
### 5K WALK/RUN AND HEALTH FAIR

Sunday, September 25, 2016  
Learn more and register at  
[www.preventcancer5k.org](http://www.preventcancer5k.org)

### 23RD ANNUAL PREVENT CANCER SPRING GALA

Friday, March 10, 2017  
National Building Museum

*The 2017 Spring Gala will be held under the gracious patronage of His Excellency, Ambassador Armando Varricchio and Mrs. Varricchio of Italy.*



## Dear Congressional Family Members & Friends,

It's an exciting time in the field of preventing and fighting cancer!

Earlier this year, the National Cancer Moonshot Initiative was launched with Vice President Joe Biden taking the helm. The initiative's goal is to accelerate progress in prevention, diagnosis and treatment and expand access to therapies to more patients. At the Prevent Cancer Foundation, we are pleased and proud to be part of the ongoing conversation to ensure that prevention is a key component of the effort.

On June 29, Vice President Biden hosted a National Cancer Moonshot Summit bringing together representatives from the cancer community (researchers, doctors, scientists, philanthropists, community oncologists, advocates, patients and survivors) for the first time under the national initiative. In addition, many cancer centers across the U.S. hosted local events to share updates and new ideas in cancer prevention, diagnosis and treatment. The Congressional Families Program is actively seeking opportunities for spouses to be part of the Moonshot initiative to accelerate the fight against cancer — stay tuned to learn how you can become involved!

In another positive development to improve our nation's health, the Food and Drug Administration (FDA) recently released new guidelines for the Nutrition Facts label. The new label will make it easier for consumers to make better decisions about their packaged food choices. The label will include more realistic serving sizes, bolder and more prominent font for "calories" and "serving size" and a line for "added sugars." For most food manufacturers, these guidelines will go into effect in 2018. We applaud this important step to educate consumers and encourage healthy food choices.

Changes may also be coming to the indoor tanning industry. At the end of 2015, the FDA proposed new restrictions on indoor tanning devices, including limiting use to adults 18 and older and requiring indoor tanning facilities to obtain signatures from adult users acknowledging the health risks. The FDA already requires a black-box warning on indoor tanning devices stating they should not be used by people under age 18. The proposed regulations would further protect young people from these devices, which are known to increase risk for skin cancer.

We will continue to share cancer prevention developments and as always, we encourage your input and ideas.

Sincerely,

Lisa McGovern, Executive Director

## Thank You To Our Sponsors



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## AGING AUDACIOUSLY: A Discussion on Prevention and Aging

Aging is inevitable, but that does not mean we cannot influence the aging process. There is often a misconception that once we are older there is no benefit to incorporating healthy living habits into everyday choices. At a March 16 seminar, that myth was debunked. Making healthy lifestyle changes will impact health and well-being, regardless of age.

The Congressional Families Program partnered with Disruptive Women in Health Care for a special event on aging and prevention. **Lisa McGovern** joined **Robin Strongin**, founder of Disruptive Women in Health Care, in welcoming **Rep. Debbie Dingell** (MI); **Dr. Lisa Nelson**, a primary care physician and Director of Medical Education at Kripalu Center for Yoga and Health; and **Eugenia Victoria Ellis, Ph.D., AIA**, Director of the dLUX light lab at Drexel University.

**Rep. Debbie Dingell**, co-founder of the House Cancer Prevention Caucus, kicked off the meeting, emphasizing that we can all be prevention advocates by raising awareness in our families and in our communities.

**Dr. Lisa Nelson** highlighted the lifelong role that nutrition and exercise play in reducing the risk of cancers and other diseases, noting that people overestimate genetics as the cause of developing cancer. Dr. Nelson cited several studies that showed a better diet and/or exercise improved health and reduced risk of cancer and heart disease despite an individual's age. Food is medicine, and it is important to move beyond a "pill-focused culture" to focus on prevention.

**Dr. Eugenia Victoria Ellis**, whose research and architectural design focus on the intersection of health, energy and technology, spoke about how the environment affects our health. A good sleep is vital to good health. Dr. Ellis recommends avoiding electronics with blue screen tints (televisions, smartphones and computer screens) before bed since the blue light wakes up the body. A simple solution is to wear special red-tinted sunglasses when using devices before bed or to install a red-tinted light bulb in a bedside lamp, which signals to the body it is time to relax and sleep.



Left to Right: Dr. Lisa Nelson, Dr. Eugenia Victoria Ellis, Lisa McGovern (MA), Rep. Debbie Dingell (MI), Robin Strongin, Sarah Pallone (NJ)

## Feeling Stressed? Just Breathe...

We know stress can have a negative impact on health. It is also sometimes unavoidable. The key is to learn how to better manage stressful situations and regulate emotions.



Rep. Tim Ryan and Rep. Rick Nolan

On June 15, **Rep. Tim Ryan** (OH), author of "A Mindful Nation: How a Simple Practice Can Help Us Reduce Stress, Improve Performance, and Recapture the American Spirit," spoke to an audience of Members and spouses about the role meditation and mindfulness play in disease prevention, stress reduction and healthy living. **Rep. Rick Nolan** (MN), **Rep. Jim McGovern** (MA) and **Rep. Shelia Jackson Lee** (TX) joined the Congressional Spouses.

Rep. Ryan spoke about how he became a convert to mindfulness following the 2008 election. After a five-day meditation retreat, culminating in 36 hours of silence, he found his mind sharper than ever before. In everyday life, the goal is to focus fully on whatever you are working on or whoever is in front of you. This means breaking from a culture that often values multi-tasking and using multiple technological devices at once.

Meditation specialist **Patrick Coffey**, who co-founded The Blue Ridge Prison Project to train inmates in mindfulness at Virginia's maximum-security prison for women, led the group in several meditation exercises. The room fell nearly silent as he coached the group through sessions of deep breathing and focusing on the moment. Mr. Coffey noted that major medical universities are researching the benefits of mindfulness practices on the immune system, adding to a growing body of evidence on the health benefits.

The question most attendees had for Mr. Coffey was, "How do I start?" He advised easing in with a simple dose — five to ten minutes a day — of meditation, finding support from others and searching online for exercises to do at home. Audience members gave examples of apps they have tried including "Calm" and "Headspace."\*

\*Please note: Most health apps are not regulated by the Food and Drug Administration, so use them with caution. Technology cannot and should not take the place of regular checkups with your health care professional.

## Spring Gala

Continued from page 1

Members of Congress and Congressional spouses such as Sen. Patrick and Marcelle Leahy (VT), Rep. Mark and Debbie Meadows (NC), Rep. Jim and Lisa McGovern (MA), as well as former Secretary Chuck Hagel and former Rep. Victor Fazio, were among the many notable guests in attendance.



Left to Right: Lino Lipinsky, Rep. Diana DeGette (CO), Lisa McGovern and Rep. Jim McGovern (MA)

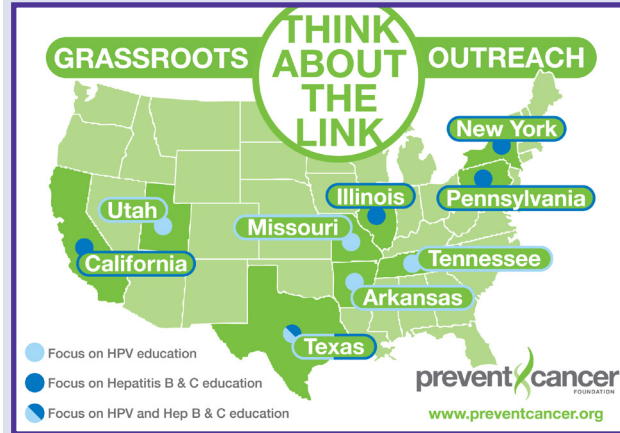


Moulin Rouge dancers entertained attendees



Rep. Mark & Debbie Meadows (NC)

## Think About the Link™ Campaign Travels Across U.S. To Raise Awareness of Link Between Viruses and Cancer



The Prevent Cancer Foundation's Think About the Link™ Campaign is a multi-year education initiative to increase awareness of the connection between viruses and cancer, focusing on raising awareness in states with the highest risk. The campaign is centered on three viruses linked to cancer: human papillomavirus (HPV), hepatitis B and hepatitis C.

Think About the Link™ will educate communities with the aim to increase screenings for the viruses, increase immunization rates for HPV and hepatitis B and raise awareness of and access to screenings and treatment options for hepatitis C.

The Foundation recently conducted a study of health care providers and American adults and found few people understand the link between viruses and cancer, and many undervalue the importance of prevention methods. The study showed that there is much work to be done to create greater awareness:

- **MORE THAN HALF (53 PERCENT) OF ADULTS ARE UNAWARE THAT HPV CAN LEAD TO CANCER IF UNTREATED.**
- **MORE THAN HALF (57 PERCENT) OF ADULTS ARE UNAWARE THAT THE HPV VACCINE CAN SIGNIFICANTLY REDUCE THE RISK OF CERTAIN CANCERS.**
- **67 PERCENT OF ADULTS ARE UNAWARE HEPATITIS B INCREASES THE RISK OF LIVER CANCER, AND 76 PERCENT OF ADULTS ARE UNAWARE THE HEPATITIS B VACCINE CAN LOWER THE RISK OF LIVER CANCER.**
- **73 PERCENT OF ADULTS ARE UNAWARE HEPATITIS C TREATMENT CAN REDUCE THE RISK OF LIVER CANCER.**
- **ONLY 7 PERCENT OF ADULTS INDICATED THEIR PHYSICIAN HAS RECOMMENDED ONE OR MORE VACCINES SPECIFICALLY TO REDUCE CANCER RISK.**

Think About the Link™ will travel across the country to raise awareness about the link between viruses and cancer in states with some of the lowest vaccination rates for HPV (**Arkansas, Missouri, Tennessee, Texas and Utah**) and high prevalence of both hepatitis B and hepatitis C (**New York, Pennsylvania, Illinois, California and Texas**). Local outreach events will feature physicians and other health care providers, government officials, survivors and/or at-risk individuals to educate communities about the viruses and their links to at least six types of cancer.

Let us know if you are interested in participating in a local Think About the Link™ event. Visit [preventcancer.org/thinkaboutthelink](http://preventcancer.org/thinkaboutthelink) to learn more about the campaign.

## PREVENTION ACROSS AMERICA: Community Grants

Every year since 2007, the Prevent Cancer Foundation has recognized community projects that focus on cancer prevention or early detection. We are proud to announce this year's nine community grant recipients, who will each receive a \$25,000 grant:

**"C a Difference,"** a hepatitis C program in Philadelphia, plans to partner with 20 community-based senior centers serving baby boomers to educate and test for the virus.

**Mixteco/Indigena Community Organizing Project (MICOP)** in California will introduce a cancer education program called "Prevenir es Vencer (To Prevent is to Overcome)" led by trained community educators (promotoras) to reach Ventura County's indigenous immigrants.

**North Dakota State University Center for Immunization Research and Education** will train more than 200 health care providers in North Dakota on how to promote HPV vaccinations to parents and patients at medical visits.

**Penrose-St. Francis Health Foundation** in Colorado Springs, Colorado, plans a colorectal cancer education and screening project to reach 3,300 employees and 700 community members over the age of 50, including 175 who are uninsured.

**Puerto Rican Unity for Progress, Inc.**, will provide breast health education and assistance with breast services to at least 500 Latina women in Camden County, New Jersey, through workshops, home visits (living room sessions), referrals, vouchers, reminders and navigation for clinical breast exams and mammograms.

**Southeast Asian Educational Development, Inc./Milwaukee Consortium for Hmong Health** seeks to improve cancer literacy and increase early detection of breast, cervical and liver cancers in Southeast Asian refugee

communities in Wisconsin by using community-based lay cancer educators.

**Southeast Asian Mutual Assistance Associations Coalition (SEAMAAC, Inc.)** in Philadelphia will collaborate with medical partners to develop community workshop materials on cancer screening recommendations in Asian languages, reaching 120 community members.

**Upstate Foundation's** "WE MATTER" project will use Resident Health Advocates (RHAs) to reduce colorectal cancer disparities and increase colorectal cancer screening among low-income, primarily African-American men and women in Syracuse, New York, through peer outreach, education, screening and navigation.

**West Virginia Health Right, Inc.**, in Charleston aims to reach 23,500 residents with hepatitis C education and risk assessment and screen 7,500 for the virus. The individuals who test positive will receive one-on-one and group counseling to encourage lifestyle changes.

*This was a highly competitive grants process: the Foundation received statements of intent from organizations in 48 states. The nine projects awarded were the top-ranked proposals as determined by an external review panel of experienced clinical and public health experts. Visit [www.preventcancer.org](http://www.preventcancer.org) for more details about the grants program and funded projects.*

## WELCOME CASSIE SMITH



We are pleased to welcome Cassie Smith as Manager of the Congressional Families Cancer Prevention Program. Cassie comes to us from the Voice of America Urdu Service, having served for seven years as a Booking Producer for multimedia shows featuring members of Congress and other high-profile guests. While a student at the University of North Carolina at Chapel Hill, Cassie worked at Our Children's Place, a nonprofit focused on children of incarcerated parents. Cassie has also volunteered with the American Cancer Society's Relay For Life. Her passion and commitment to the cause of cancer prevention, as well as her writing and event planning experience, will continue to strengthen the Congressional Families Cancer Prevention program.

## CONGRESSIONAL FAMILIES MISSION AND HISTORY

The Congressional Families Cancer Prevention Program is a nonpartisan outreach effort of congressional families who have joined forces to spread the message of early detection of preventable cancers. Specifically, we focus on raising awareness to prevent breast, cervical, colon, lung, oral, prostate, skin and testicular cancers.

The program was founded in 1991 by the Congressional Club in partnership with the Prevent Cancer Foundation, a nonprofit saving lives across all populations through cancer prevention and early detection.

Our advisory board consists of more than 200 spouses of Members of Congress, the Administration and the Supreme Court. Advisory board members receive copies of our newsletters, are invited to luncheon seminars and are kept abreast of news and initiatives related to healthy living and cancer prevention. We encourage our advisory board members to engage in activities in their home states, nationwide and internationally, and we support them in those efforts.

To join the Congressional Families' advisory board, fax, mail or email the following information to the address below: your name, congressional district, preferred phone number, fax number and email address.

**Prevention and early detection saves lives. Please join us.**



**Editor** Cassie Smith

**Assistant Editor** Lisa McGovern

### Congressional Families Cancer Prevention Program of the Prevent Cancer Foundation

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Are you receiving Lisa's emails with invitations to special events? If not, please contact her at [lisa.mcgovern@preventcancer.org](mailto:lisa.mcgovern@preventcancer.org) or call her at 703-519-2113.



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# MARK YOUR CALENDAR

## PREVENT CANCER WALK/RUN 5k

SAVE THE DATE

September 25, 2016

Nationals Park, Washington DC

[www.preventcancer5k.org](http://www.preventcancer5k.org)

